

# HEART/SOUL AUDIT

S i x   d i m e n s i o n s  
o f   t h e   s o u l



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## **Spiritual Life:**

What do you picture when you think about God?

What does talking to God sound like for you?

In what ways do you feel disconnected/connected to God's spirit?

## **Emotional Center:**

What makes you sad/cry?

What makes you angry?

What gives you joy?

What makes you stressed?

## **Thought Life:**

What is the background hum in your mind throughout a typical day?

What do you wake up thinking about?

Go to bed thinking about?

Where does your mind wander when not occupied?

## **Body (time and resources):**

What is your morning/evening routine?

If you had no limit on resources how would you spend it?

What would you drop everything for?

What do you make time for?

When you try to "listen to your body" what does it tell you about the condition of your "heart"?

What do you spend your money on?

## **Social Life:**

What would people say you love?

What would people say you hate/dislike?

What personalized adds pop up when you are surfing the net?

What do you post most about on social media?

What do you find yourself talking about most?

What do you say in unfiltered moments?

What do you WANT to say?

## **Meaning/Purpose:**

What do you want/desire?

What do you care about?

What motivates you?

What drives you to work hard?

What gets you up in the morning?

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What initial thoughts do you have about the current routines and rhythms of your life and how they correlate to what you see “stored up” in your heart?

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